



Connections.... a newsletter from The Springboard Group™

Guiding Women Through Life's Transitions

www.LaunchingNewLives.com

(804) 381-4008

Welcome !

Dear Subscriber,

Welcome to *Springboard Connections*™, our complimentary monthly newsletter ! With our newsletter, you will stay informed of what's new at Springboard, learn about upcoming events such as workshops and tele-classes, and will gain ideas from our *Tips for Transition*™. Since the resources needed to ease life transitions may come from a variety of sources, we will also help connect you with various community organizations, agencies, or other service providers that may also help ease the transition.

Thank you for your interest, ongoing support, and referrals for Springboard services. We genuinely invite your feedback and suggestions for improving our member and provider services, as well as enhancing the value of this newsletter.

Please feel free to pass this and future Springboard messages on to your family, friends, co-workers, or others that you know that may be seeking guidance as they begin to restore and renew their lives.

We are here to help !

Ann, Janice, & Greg
Your Springboard Partners

What's New . . .

- Our **website** (www.LaunchingNewLives.com) is now on-line and we invite you to explore our services and our marketplace.
- We welcome our **new sponsors** who share Springboard's commitment to restoring and renewing the lives of women in transition:

- Springboard Connects™
 - Owen & Owens (www.OwenOwens.com)
 - Ryan and Ames (www.ryanamescpa.com)
- Springboard Simplifies™
 - Rituals Salon and Spa (www.ritualssalon.net)
- We are very pleased to announce that **Suzanne Burke** has joined the Springboard staff as our military liaison to serve the military community and help Springboard members identify, access, and coordinate their military benefits. Suzanne has a Masters in Counseling/Psychology and, as the spouse of a retired military officer, has over 20 years of concentrated, professional experience in helping military families access and coordinate their benefits at numerous military locations.

Tips for Transition™ . . .

- Trust your own timing. You can't always go faster in moving the transition process along. Be patient with yourself and the process.
- In the initial stage of transition, always bring a trusted friend or family member with you when meeting professional advisor(s). Your trusted friend or family member can will help provide "grounding" for communication clarity and understanding; as well as point out areas of discussion that may otherwise be overlooked.
- In order to be able to take care of everyone and everything else, you must first take care of yourself. Be sure to put yourself first to get needed rest, good nutrition, exercise, and time to yourself each day.

Upcoming Events . . .

- **Our Spring Workshop Series**, sponsored by Owen and Owens, is currently being planned for April, May and June 2008. Additional details will be announced shortly in our newsletter and on our website.
- A *complimentary* Teleclass, "**The Power of Forgiveness**" will be facilitated by Ann Deaton, Ph.D, PCC, a *Springboard* Partner, and be from 12 Noon - 1 PM EST, Wednesday, February 13th. You may register on the homepage of the Springboard Group (www.LaunchingNewLives.com). Registrants will receive call-in instructions with their confirmation.

Community Resource Spotlight . . .The Central Virginia Bereavement Coalition

The Central Virginia Bereavement Coalition is a diverse group of individuals, not-for-profit organizations, community groups and businesses with a common mission to provide support to persons and families experiencing the death of a loved one. The group helps by connecting individuals and families with support groups, upcoming workshops, and other events and resources in the greater Central Virginia Community. To join their subscription list and learn about coalition events and resources, please go to: <http://mail.connectnetwork.org/mailman/listinfo/bereavementresourcesconnectnetwork.org>

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